

# ABSTRACT OF THE DISCLOSURE

In a sub-tank of an ink jet recording head, an ink absorbing member capable of being impregnated with and holding an ink is arranged and a space V2, 5 which is an area formed by a first wall surface of an ink reservoir and the ink absorbing member and in which the ink absorbing member is not present, is formed. A gas-liquid separation member made of a porous member, transmitting a gas but shutting off a 10 liquid such as the ink is provided in a cap member in which an air hole is formed. A volume of the space V2 and a total volume V2 of an amount of the ink by which the ink is discharged from a discharge port of an ink jet recording element in one recovery 15 operation and an initial pre-discharge amount hold a relationship of  $0.7V1 \leq V2 \leq V1$ .